



SALADS:

Kitty's Signature Salad with Champagne Vinaigrette Dressing	Full: 130.00 Half: \$65.00
Garden Salad with House Dressing	Full: \$60.00 Half: \$30.00
Caesar Salad with Caesar Dressing	Full: \$85.00 Half: \$40.00
Antipasto with House Dressing	Full: \$90.00 Half: \$45.00

Entrees:

Utica Greens	Full: \$110.00 Half: \$60.00
Chicken over Greens	Full: \$135.00 Half: \$70.00
Baked Chicken	Full: \$115.00 Half: \$60.00
Eggplant Neapolitan	Full \$150.00 Half: \$75.00
Chicken Francaise	Full \$140.00 Half: \$75.00
Chicken Parmesan	Full: \$135.00 Half: \$70.00
Chicken Marsala	Full: \$140.00 Half: \$75.00
Chicken Cutlet with Tomato Salad	Full: \$140.00 Half: \$65.00
Stuffed Pork Tenderloin	Full: \$155.00 Half: \$80.00
Sicilian Chicken	Full: \$140.00 Half: \$70.00
Sausage and Peppers	Full: \$110.00 Half: \$60.00
Meatballs in Marinara Sauce	Full: \$120.00 Half: \$60.00
Pot Roast	Full \$250.00 Half: \$125.00
Beef Tips	Full \$220.00 Half: \$110.00

PASTA:

Cavatelli with Marinara Sauce	Full: \$85.00 Half: \$45.00
Hats with Broccoli	Full: \$85.00 Half: \$45.00
Pasta Purses with Pink Pea Sauce	Full: \$120.00 Half: \$60.00
Chicken Riggies	Full: \$110.00 Half: \$55.00
Vodka Riggies	Full: \$100.00 Half \$50.00
Macaroni and Cheese	Full: \$110.00 Half: \$55.00
Baked Lasagna	Full: \$120.00 Half: \$60.00
Baked Ziti With Ricotta	Full: \$100.00 Half: \$50.00

SIDES:

Grilled Seasonal Vegetables	Full: \$100.00 Half: \$60.00
Macaroni Salad	Full: \$70.00 Half: \$35.00
Salt Potatoes	Full \$70.00 Half \$35.00
Rice Pilaf	Full: \$70.00 Half: \$35.00
Gourmet Glazed Carrots	Full: \$100.00 Half: \$55.00
Mashed Potatoes	Full: \$85.00 Half: \$45.00
Roasted Potatoes	Full: \$85.00 Half: \$45.00
Sausage Roll	\$25.00/roll

Additional Tray Options Available Upon Request

Buffet Samples (minimum of 25 people)

** All buffets are completely customizable, Eat Well Food Services will work with you to choose the menu that best fits your event**

Classic Italian - \$24.00/person

Garden Salad W/ Fresh Bread
Baked Chicken with Potatoes
Rigatoni with Marinara
Sausage and Peppers
Utica Greens

BBQ Buffet \$28.00/person

Garden Salad W/ Fresh Bread or Cornbread
BBQ Chicken
Pulled Pork w/Rolls
Cole Slaw
Baked Beans
Mac and Cheese
Salt Potatoes

Silver Buffet \$33.00/person

Garden Salad W/Fresh Bread
Chicken Francaise
Rice Pilaf
Mixed Seasonal Vegetables
Cavatelli with Choice of Sauce
Pork Medallions with Brown Mushroom Roasted Red Pepper Reduction Sauce

Gold Buffet \$37.00/person

Garden Salad W/ Fresh Bread
Chuck Tenderloin
Chicken Francaise
Cavatelli with Choice of Sauce
Mixed Seasonal Vegetables
Whipped Mashed Potatoes

Customizable Items for your Buffet , Family Style Event, or Sit Down Dinner:

Choice of Proteins:

Airline Chicken Breast with Veloute Sauce
Baked Chicken
Beef Tenderloin
Chicken Cutlet with Tomato Salad
Chicken Parmesan
Chicken Francaise
Chicken Marsala
Chicken Parmesan
Chicken Portabello
Grilled Chicken topped with mozzarella cheese and finished with brown portabella sauce
Chuck Tenderloin
Glazed Pit Ham
Haddock Oreganata
Pork Medallions with Brown Mushroom Roasted Red Pepper Reduction Sauce
Sliced Ribeye with Au Ju
Stuffed Pork Tenderloin
Oven Roasted Sliced Turkey Breast
Sicilian Chicken
Chicken Breast with eggplant, ricotta cheese, and Utica greens, topped with mozzarella cheese and finished with marinara sauce

Choice of Starches:

Mashed Potatoes
Roasted Potatoes
Rice Pilaf
Homemade Stuffing
Macaroni and Cheese
Homemade Cavatelli or Hats w/ choice of homemade Marinara, Vodka, or Alfredo Pasta
Purses with Pink Prosciutto and Pea Sauce

Vegetarian Mains:

Eggplant Neapolitan
Grilled eggplant with sauteed onions, baby spinach, provolone cheese, with a roasted red pepper sauce
Eggplant Parmesan
Vegetable Lasagna Roulade
Pasta Primavera

Choice of Vegetables:

Grilled Seasonal Vegetables
Roasted Asparagus
Roasted Green Beans
Gourmet Glazed Carrots

Salad Substitutions:

Antipasto with Homemade Italian Dressing

Caesar Salad with Caesar dressing

Treasure Salad with Champagne Vinaigrette

Candied walnuts, strawberries, mandarin oranges, grapes, tomatoes, toasted coconut, shredded mozzarella cheese

Tomato Cucumber Salad

Displayed Appetizer Stations

Fresh Fruit Display

Vegetable Crudit  with Assorted Dipping Sauces

Charcuterie Board (Includes Tabouleh, Hummus, Imported Cheeses, Cured Meats, Imported Olives, Roasted Red Peppers, and Flat Bread)

Meatless Grape leaves

Spinach and Artichoke Dip with Tortilla Chips

Fresh Guacamole and Salsa with Tortilla Chips

Quesadilla Display/Station Taco

Bar Display/Station

Passed Appetizers:

Bacon Wrapped Scallops

Bruschetta

Chicken Cordon Blue Balls

Hibachi Beef Skewers

Mini Crab Cakes

Pigs in a Blanket

Shrimp Cocktail

Tomato Bisque Shooters with Grilled Cheese

Food Truck Sample Items

Healthy Buffalo Chicken Salad- Crispy Romaine topped with Marinated Grilled Chicken, Tomatoes, Mozzarella Cheese and finished with Buffalo Dressing

Chopped Salad- Crispy Romaine topped with Tomatoes, Onions, Eggs, Turkey, Bacon, Shredded Mozzarella and finished with Champagne Vinaigrette Dressing

Treasure Salad - Crispy Romaine topped with Tomatoes, Grapes, Mandarin Oranges, Strawberries, Toasted Coconut, Candied Walnuts, Shredded Mozzarella finished with our Champagne Vinaigrette. (Add Chicken)

Caesar Salad – Crispy Romaine, Croutons, Grilled Chicken, Parmesan Cheese tossed with Caesar Dressing (Add Chicken)

Chicken and Greens Sandwich- Marinated Grilled Chicken topped with Utica Greens and Melted Mozzarella

Kitty's Signature Burger- Served with Lettuce, Tomato, and Onion (Add Cheese)

Buffalo Chicken Wrap- Grilled Chicken with Lettuce, Tomato, Melted Provolone & topped with Buffalo Sauce

Chicken Club- Marinated Grilled Chicken with Bacon, Lettuce, and Tomato topped with our Famous Boom Boom Sauce

Roast Beef Sandwich - Fresh Roast Beef served with Lettuce, Tomato, finished with Creamy Horseradish

Turkey Sandwich- Roasted Turkey served with Lettuce, Tomato, and Cranberry Mayonnaise Mac and Cheese

Chicken Riggies

Mac and Cheese

Utica Greens - (Add Chicken)

** Eat Well food items can be modified to any Dietary Restrictions or Allergens **